

WOMAN'S VARIED INTERESTS

Summer Food for Growing Children

No Mother Can Be Too Critical or Too Conscientious About Her Child's Summer Diet.

By VIRGINIA CARTER LEE.

FOR those housewives and mothers who have the care and upbringing of a very young child a most critical time arrives when something besides a purely milk diet is desirable. For what the little, delicate stomach can digest and that which will furnish proper nutriment is indeed a question of vital importance. Especially is this true when the change is rendered necessary during the teething period or a spell of warm weather, as the baby is apt to refuse food or fail to relish his customary bottle.

In this emergency the old-fashioned diet, properly cooked, is one of the first things to be given with safety, and, fortunately, the majority of little ones enjoy it. Small double boilers of aluminum or enameled ware now come designed for the preparation of baby food; but in lieu of this a very satisfactory substitute is a long-handled saucepan, sufficiently small to put on top of the tea kettle, the cover of the latter being used for the saucepan.

Begin with the following formula: Place in the saucepan a cupful of boiling water, add a pinch of salt and one pint tablespoonful of the oat flakes. Cook over hot water for one hour or more, as thorough cooking is most essential. At the end of that time you will have a jelly, with very little solid matter, and with the addition of the desired quantity of milk it is ready to use.

In connection with the oat flakes a very little sugar may be used, but do not make the grave mistake of putting in too much, and then later on wonder why, when the child is hungry, plain bread and butter without a sugar dressing is not acceptable.

Very gradually increase the quantity of oat flakes, until it can be digested like ordinary porridge; when it may be varied with whole wheat bread (not fresh) and milk, baked apple or baked potato with a bit of blood gravy.

To properly prepare bread and milk, lay a slice of bread in a saucer and pour over it the warm milk; then, with the times of a gliver fork, crush the bread, which will do away with all lumps and yet not render it sticky, as crumbling between the fingers is apt to do.

In the preparation of an apple, select a sweet, juicy one and after removing

the core, steam or boil until very tender; then take off the skin and fix as you do the bread, removing the lumps with a fork and adding a teaspoonful of warm cream or milk.

Roasted potatoes for children must be thoroughly cooked and broken open the minute they are done. (If not they are likely to get moist and soggy.) Mash very finely, season with a tiny pinch of salt and add a tablespoonful of warm milk with a bit of sweet butter, or a tablespoonful of blood juice extracted from a tiny piece of rare steak may be substituted in place of the milk as the child becomes accustomed to a more solid diet.

Of course, in changing from a liquid diet in this way the child's digestion should be closely watched and the food should be regulated, so as to do away with causes, rather than to doctor results. A little more cream or richer milk will as a rule correct a constipated condition, and a corresponding decrease in the richness of the milk will have an opposite effect.

Be also very careful to observe regularity of feeding, as when the bottle was employed; and, in fact, if the child eats heartily and the food seems to assimilate, the feeding times may be set further apart, so that the little digestive organs will have plenty of time to perform their duties before being asked to begin all over again.

Food for the very young child should always be prepared by the mother or some very competent person, who fully realizes the importance of strict cleanliness and the necessity of using the best ingredients in accurate proportions; as many little lives are needlessly sacrificed through lack of caution in these particulars.

It is well also to bear in mind that although the older person can loudly complain of a scorched, over-salted or unpalatable edible, the helpless little one can only push it away; or, what is perhaps worse, pay for such negligence with a severe attack of illness.

As the child becomes older, arrange for the hearty meal around about noon, and as this should be the principal meal of the day, see that the bit of scraped, rare steak, the minced, juicy chop or the finely chopped piece of chicken is as nearly perfect as possible.

European Women Will Be the Rebuilders—The Men Will Emigrate to America, Predicts California Suffragist

A Revolution in the Economic and Marriage Relations of Women the Quiet Actuality of the War—Miss Maud Younger Finds Women on Every Job.

By Sarah Addington.

AFTER the war the United States is going to have a tremendous influx of immigrants, mostly men," says Miss Maud Younger, suffragist, feminist and labor leader, who is here from California to help New York women in their fight for the franchise. "And, unless we show a fine example of preparedness we shall be swamped."

"Why not women immigrants?" Miss Younger was asked.

"Because the women will be too busy with their trades and professions."

Women Will Monopolize Jobs.

"The immigrants will be mostly men, I say, because they will have been crowded out of their own occupations by the women. Right now the European woman is paving her way to a new level. She is actually and competently taking man's place in every conceivable trade and occupation; she is running streetcars, policing the streets, producing the crops, running all the businesses that heretofore only men have had in their hands. While men are of killing themselves the women are building, building, so that when Johnny comes marching home he's going to find nothing to do. It's that way in the Balkans now, you know. The women do the work, they are lined and stooped and stunted, and you ought to see the big, beautiful men!"

"And big, beautiful men?" asked the reporter.

"Go to California!" she replied. "And here's our immigration problem piling up. That's the effect the United States is going to feel so keenly."

"New York," said Miss Younger, "ought to have an immigration commission such as we have out in California. The biggest service of such an organization after the war would be the distribution of immigrants to prevent concentration in cities and the protection of immigrants against all sorts of speculators, land and otherwise. They laugh at California for having so many commissions, but San Francisco, once very, very black politically, is now the

cleanest city in the Union, and we have no slums. Our immigration commission has done wonders."

"All this is just a by-product of the European woman's new status after the war," went on Miss Younger. "The war is bound to have two effects upon her. She will enter upon a new economic phase and her marriage relation will be changed."

The Cry for Children.

"Always after a war there is a cry for more men; the necessity for soldiers is felt keenly. So that law and public opinion blink their eyes and illegitimacy as such no longer exists. Children there must be, and the pressure for population seems to outweigh all considerations of traditional and legal morality. It is a tremendous problem, and a tragic situation, but it is nevertheless one of the certain results of war."

"Will this influence our American fight for the single standard, do you think?"

"It ought not to. We must not allow ourselves to be influenced by what desperate, stricken nations are doing. There may possibly be, however, an influence which will be more of attitude than of fact."

"The other change in woman's status after the war will be industrial and economic. Mind, I don't think all this breaking out of women in every field is a good thing, but it has to be, when war forces it."

Bread Basis.

"And it isn't only war. It is the necessity of earning a living that makes the demand for woman's equal rights with men so absolutely imperative. You know, that after all is said and done, culture and education and art and the humanities are still awfully unimportant issues as compared with that old fundamental struggle for existence. The fight for bread and shelter and clothes is still the basis of all our life."

"and all our social troubles. It's overwork or no work, small pay or wrong conditions, that lead to poverty and misery and crime. The girl who has to stand all day long takes a glass of whiskey at night to revive her, and some day maybe she takes too much and gets hauled into the Night Court. Or the boy with nothing to do lounges around the street and gets mixed up with a gang."

Leave Labor Alone.

"But I really feel that labor can solve its own problems if it is left alone. The trade union leagues are the only organizations who are actually making conditions better for working men and women. Labor is farsighted and wise, and knows what it needs for itself."

"Women in their movement are helping labor much, too. Two years ago in the white goods strike I was arrested for making the public statement that a certain factory owner charged his girls 5 cents a week for drinking water. I was on my way to Europe, and, really, I didn't have time to be arrested, but the policeman had his way and carted nine of us down to the station. The very same week Mrs. Laidlaw got a permit for a suffrage meeting to be held before the strikers and she made that



Miss Maud Younger, California Labor Leader, Here to Work for Suffrage, Who Calls Trade Unions the Only Voice of the People.

In Miss Younger's Judgment—

"We shall be swamped if we don't prepare for a wave of male European immigration."

"Women are working. When Johnny comes marching home his job will be filled."

"Let Labor Alone. It will find its own way."

"It is the bread basis of life that makes suffrage imperative."

"Unemployment committees are on the right track then?"

"In their notion of relief, yes. But in methods they are often short-sighted. Temporary employment is greatly better than no employment, but helps to keep the employment bureau eternally busy. I wish we could have some of the labor on a seasonal basis—have the men whose factories close down in summer go to the country and farm during the summer. I know some girls now who have two trades and devote them so as to leave no idle time. It could be easily done, in the unskilled trades, particularly."

The Fall Chance.

"What do you think the chances are for equal suffrage in New York?" Miss Younger was asked.

"Well, you're good and ready for it!" she replied. "The New York suffragists are the brainy women of America. I think. Out in California we have the machinery for working, but you supply the ideas. Everything that we do out there comes in essence from the East. So, of course, you deserve the vote logically. But I wonder if your men still feel as a Pennsylvania politician must have felt as he talked to me the other day. He had been very pleasant to me about directing me about town and when I was leaving he was saying goodbye. 'You're a show girl, aren't you?' he ventured, taking a long chance I thought. 'No,' I confessed, 'I'm something much, much worse. Think of the very worst thing you can for a woman.' He stopped and pondered long, and then saying 'way off he puffed out his cheeks and asked his shocked question. 'You aren't one of them suffragettes, are you?'"

"Same statement in accents bold. 'Arrest that woman, officer!' shouts the enraged employer. 'I can't, sir,' responds the officer, 'She's got a permit.' So that time, and all times, the women say and do for the laborers what they aren't allowed to do for themselves. And when they vote they will do a great deal more."

Seaside and Mountain Fairs

AS THE season advances at the various summer resorts and communities, plans for some kind of a fair usually take shape. It may be for the village church or some poor family or it may be a "caddy" benefit. In any case, a demand is made on the guests for fancy work, and, as usually little notice is given and most of the materials have to be found in the village shop, it is not always easy to produce it. To those confronted by this problem the following suggestions may be of use.

There is sure to be a demand for fancy aprons at these sales, and they always sell well. They should be made in all styles and kinds, from the print apron of ample size to the smarter creations of flowered lawn, sheer linen and dainty lace.

Fancy nightcaps and boudoir caps, so much in vogue nowadays, can be evolved by clever fingerings and further ornamented with twisted ribbon or satin roses. Little morning jackets can be made with but little trouble from materials found on the shelves of the ordinary country store. All sorts of attractive cases can be made from pretty cross-stitched muslin, always available. These, when finished with some cross-stitching or lettering and drawn up with matching colored ribbons, are sold for nightgown cases, parasol cases, shoe bags and corset bags. The parasol bags appeal particularly to those who spend their summers in a hotel and must provide means of protecting their dainty things.

Sachets for bureau drawers and organdie squares, so useful in packing clothes, can easily be made by the

woman who knows only a little about fancy work. Small towels of ordinary coarse huck, when finished with a pretty cross-stitched border, are more than popular. To make these takes only a small amount of time away from mending, bridge or golf, and the average housekeeper pays well for them. Tea towels, washcloths, dustcloths and broom bags, though not so artistic as some of the wares displayed at a fair, are what the housekeeper is looking for to take back to replenish the supply at the town house.

A woman who was asked to contribute to a sale in the White Mountains last summer gathered pine needles and made up several dozen pine pillows. She sent to New York for some rich looking brown and green linen, which formed the covering. The pillows were greatly in demand, as they were of a good size and of a coloring that would not cause a discordant note in among other cushions on a couch.

If one has an eye for the unusual and odd, all sorts of fascinating things and materials may be found in the store of the village—queer oldtime ribbons, odd calicos, seldom to be had in town; attractive laces, that may not appeal to the local customers, all these and more to be worked up into bags, boudoir pillows, table covers and what-not.

Very often some quaint old bits of glass or china lie hidden on the shelves for years and can be dug out and disposed of at the hotel fair for a good amount. So if one is inclined to present something out of the common run to the promoters of the enterprise, whatever it may be, a little poking about will surely reveal wonders so welcome to the ingenious mind.

Picking Kiddies for Vacation Trips Is a Little Harder Than It Seems

"Busy Week" Is a Flood of Train Schedules, Health Examinations and Fitness Tests of Youngsters for Their Summer Posts.

This is busy week with the Tribune Fresh Air Fund. When darkness closes down to-day 1,225 children will have been sent to the country by the fund since Monday.

Before the week ends this number will be increased to 2,000.

Busy week rolls around for the Tribune Fund at least every other week. Every second week the parties of boys and girls at the eleven Fresh Air homes maintained in connection with the work of the fund are charged.

This means that nearly 1,200 boys and girls must be brought in from the various homes and as many more sent out to take their places.

Sometimes, as is the case this week, it happens that many parties of youngsters are called for at the time the homes are changing their children. This makes a doubly busy week. To Tribune Fresh Air homes there have been sent already this week 445 boys and girls. To-day 275 others will be added to this number. Friday and Saturday about 450 others will go out. The week started early and well in the matter of parties for private homes. Sunday night 200 lots left the city for Jefferson County, N. Y. Monday night 211 more were sent to the same county. Yesterday 100 happy lads and lassies set out for Pennsylvania vacation places, and forty-four more were started for equally pleasant places near Ellenville, N. Y.

This morning a crowd of 130 children goes up the line of the Lehigh Valley Railroad to visit kind hosts scattered from Pittsford to Athens, Penn. Friday a party of forty goes to Southampton and Carbondale. On the night of the same day sixty-five youngsters will travel west to hosts at Byron and Bergen, N. Y. This is the last private family party of the week.

It may seem an inconsiderable task to select and send out 2,000 children in the course of a week, but this is not the case. The matter of selecting them is not so easy, for there may not be any children taken haphazard. They must, on the contrary, be chosen with great care, to insure their being proper children for whom to provide proper clothing.

Not only must they be proved to be proper children, but they must also be carefully examined as to their physical condition. For example, examinations of children were held yesterday at twenty different places in the city and 600 or 700 boys and girls had to be passed in review to determine whether they were clean and free from contagious diseases.

"JIM CROW" LAW IN DIXIE SCHOOLS

Georgia Senate Bill Requires That Teachers and Students Be of Like Race.

(By Telegram to the Tribune.)

Atlanta, July 14.—The Georgia Senate passed to-day a bill introduced by Senator Way which prohibits white teachers from teaching in the negro schools of the state and negro teachers from teaching in white schools.

This "Jim Crow" measure, if passed by the House, will affect many large institutions for negroes endowed by Northern philanthropists. In many cases the faculty and in nearly every instance the presidents of the schools are white persons, sent to Georgia by the society or person controlling the school to insure the best instruction and sound management.

According to R. D. Stinson, an educational leader of negroes, the bill will affect about ten schools and universities and 4,000 students. Many negro schools already have negro teachers. The bill will affect Spelman Seminary, which has white teachers and is supported by Mrs. Rockefeller.

PLAY TO AID MUSEUM

"The Yellow Jacket" in Open Air at Southampton.

(By Telegram to the Tribune.)

Southampton, Long Island, July 14.—Friday evening, August 6, the Cornubian Players will present in the garden of the Parish Art Museum, with special music for accompaniment, the Oriental play, "The Yellow Jacket," for the benefit of the Rogers Memorial Library, of which S. L. Parrish is president, and the Colonial Extension Fund. Mrs. Thomas H. Barber is chairman of the executive committee, assisted by the following: Mrs. James L. Breeze, Mrs. William Morton Grinnell, Mrs. Edmund W. Humphries, Mrs. Henry Kirke Porter, Mrs. Robert M. Thompson, Mrs. James L. Barclay, Mrs. G. Barton French, Mrs. Charles R. Henderson, Mrs. Goodhue Livingston, Mrs. B. Aymar Sands and Mrs. Peter H. Wyckoff.

The patronesses are Mrs. Henry D. Babcock, Mrs. Cornelius N. Bliss, Mrs. Albert B. Boardman, Mrs. Scott Cameron, Mrs. Arthur B. Claffin, Mrs. George C. Clark, Mrs. Henry E. Coe, Mrs. H. Holbrook Curtis, Mrs. Edmund Coffin, Mrs. G. Warrington Curtis, Miss Juliana Cutting, Mrs. Edward J. Egan, Mrs. E. Tiffany Dyer, Mrs. George G. De Witt, Mrs. Newbold Edgar, Mrs. Albert H. Ely, Mrs. Charles G. Franklyn, Mrs. Albert Gallatin, Mrs. William G. Gulliver, Mrs. Abigail E. Halsey, Mrs. Henry F. Herick, Mrs. F. Burrall Hoffman, Mrs. Alfred M. Hoyt, Mrs. Edward L. Keyes, Mrs. W. Delancey Kountze, Mrs. James P. Lee, Mrs. E. A. Forey, Mrs. Charles B. McDonald, Mrs. Alexander L. Morton, Miss Parrish, Mrs. Rufus L. Patterson, Mrs. Archibald Rogers, Mrs. Harry P. Robbins, Mrs. Henry H. Rogers, Mrs. Horace Russell, Mrs. Frederick A. Snow, Mrs. Charles Steele, Mrs. L. Emory Terry, Mrs. L. Metcalfe Thomas, Mrs. Howard Townsend and Mrs. Edward P. White.

FOR NEWPORT CHILDREN

Magician Entertains at Betty Teller's Birthday Party.

(By Telegram to the Tribune.)

Newport, R. I., July 14.—Miss Betty Teller, daughter of Mr. and Mrs. T. Suffer Teller, was five years old to-day, and in honor of the event her parents gave a party at their summer home for thirty of the little children of the summer colony. There was an orchestra to play for the children, a luncheon was served and there were all kinds of games played during the afternoon. There was also a magi-

cian, and his production of rabbits and other small animals from their laps was the cause of many a hearty laugh. Miss Lucille Carter gave a young people's luncheon to-day; Mrs. Fletcher Ryer gave a dinner to-night at Hill Top Inn, Mr. and Mrs. Elbridge T. Gerry gave one at Seabreeze and Mr. and Mrs. Craig Biddle at the Shields cottage.

Mr. and Mrs. George Brooke gave a dinner to-night for sixteen guests in honor of Dr. William H. Hare, of Philadelphia, and Mrs. Dredelcourt M. Martin entertained informally at her cottage in Washington Street, her guests including Dr. and Mrs. Valentine Mott, Miss Mott and Captain and Mrs. Roger Welles.

Mrs. Van L. Meyer has joined her daughter, Mrs. Christopher R. P. Rodgers, at her cottage in Training Station Road.

Mrs. Louis L. Lorillard, who has been ill, is better.

Colonel Howard A. Stevenson and daughter, of Germantown, have arrived at Hawthorne Villa.

Registered at the Casino to-day were Felix D. Doubleday, New York; M. R. Kernochan, New York; visiting Mrs. J. J. Wyong; Miss Julia Winterhoff, New York; Mr. and Mrs. Max Heideberg, New York; Chester Alan Arthur, Colorado Springs; Robert W. Stevenson, Jr., Long Island, guest of Robert Grosvenor, and Miss Lillian Roberts, New York.

Mrs. Rudolph Wald, of Wareham, Mass., and children are guests of Mrs. W. Barclay Parsons.

Mrs. Richard W. Corbin gave a luncheon to-day.

Queens Leader for Suffrage.

Dr. Arthur C. Keating, Democratic leader of Queens, has asked the county committee of the Woman's Suffrage party to send speakers to a meeting of the Democratic Club in Astoria to discuss suffrage. He favors the ballot for women.

Contributions, preferably by check or money order, should be sent to the Tribune Fresh Air Fund, The Tribune, New York.

Total, July 14, 1915. \$15,000.00

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Right for July



A SMART linen blouse with scalloped frills of blue handkerchief linen and collar and cuffs of dotted Swiss has fine hand tucks over the shoulder on down into the belt, and tucks of the same depth around the wrist.

The striped skirt model, to the right (shown in yellow, blue and green), makes a feature of its side pockets, heavily outlined in buttons. The plain linen blouse with high, rolling collar that completes the costume has a vest front of pin tucks.

THE COOK'S HAPPY TOUCHES

Mayonnaise Made with Walnut Oil.—Two or three drops only, or a few drops of onion juice.

The sour or sweet cream dressings made with a cup of cream, two tablespoons of sugar and the juice of a lemon will be much improved by the juice of half a lemon and a tablespoon of any of the seasoned vinegars, especially the shallot vinegar.

Raspberry Bavarian Cream.—Soak half a package of gelatin for two hours in half a cupful of water.

In the mean time mash a quart of raspberries with a cupful of sugar and let them stand an hour. Whip a pint of cream to a stiff froth. Pour half a cupful of boiling water on the gelatin and strain it onto the juice. Put the liquid in a saucepan in a pan of water with ice in it. Beat the liquid until it is stiff as custard; stir in a pint of whipped cream. Put into the icebox to chill and serve with cream.

Mayonnaise with Mustard.—Proceed in the same way as above, only adding a large spoonful of mustard to the eggs and using olive oil instead of walnut, and this may be flavored with a little of the shallot or garlic vinegar.

